



Mites Hockey 101

Welcome to Mites hockey in the Mound Westonka Hockey Association (MWhA). Hopefully this document will help answer some questions and help you feel more comfortable and confident as you start your hockey experience. If you have additional questions, please contact Phillip Kading for on ice questions, Tricia Weegman for manager questions, and Amanda Bryan for general questions, Rookie Camp, or if you aren't sure who to contact.

Phillip Kading- Mite Coordinator: PhillipAKading@yahoo.com

Tricia Weegman- Mite Manager: Tricia.J.Weegman@gmail.com

Amanda Bryan- Rookie Camp and General Questions: ASJR312@gmail.com

Website

- www.westonkahockey.org
- The website is being updated, and it will have team assignments, documents, photos etc. on it.
- This is where you will register your child (unless you choose to register in person on 10AUG at Backchannel Brewery 5-8 pm)
- There is a level calendar on the website that I highly recommend you set up and tie to your personal calendar so you will get ice time and location/rink updates and cancellation notifications of practices information. Once you know which team your skater is assigned to, you can set up the calendar to show you just their level's information.
- Contact information for the board and coaches is available on the site

Rinks

- The MWhA has 3 main rinks that are used for practices and home games:
 - Pond Arena (near Jubilee in Mound)
 - Thaler Arena (at the Mound High School)
 - Shirley Hills Rink (an outdoor rink at Shirley Hills Primary School in Mound)

Rookie Camp

- If you have a **first year** skater (they have never played hockey before) and would like for them to try out hockey and skating prior to committing to the full season, consider signing them up for Rookie Camp.
- **Rookie camp is for 1 hour on 6 consecutive Saturday mornings 9:15 am – 10:15 am September 10th – October 16th.**
- It is designed to help first time skaters get more comfortable on the ice and to see if they enjoy it before you sign them up for the entire season.
- Rookie Camp isn't required but is a fun opportunity for your child to try hockey before the season for an affordable price of \$55.
- Gear is provided (everything aside from skates, protective undergarments, and mouth guards) if your skater needs it

- You can register either online via Community Ed's website or in person on 10AUG at Back Channel Brewery.
- For any questions, feel free to contact Amanda Bryan.

Mite Levels

There are 4 main Mite levels, each with their own registration costs:

- Mini-Mite, Mite 1, Mite 2 and Mite 3
 - Mini-Mite is mainly assigned by age
 - Mite 1-Mite 3 is assigned by a combination of age and skill level
 - First year skaters can be placed in any of the Mite levels based on evaluations

Mite Registration

- In order to register, you need to first have your skater registered with USA Hockey. The cost for a skater is \$56 total online. Once you have the registration completed, you will need to use the confirmation/ID number provided from USA Hockey to register your skater with MWAHA.
 - <https://membership.usahockey.com/register/age>
- Each Mite level has its own registration costs
- First year Mite skaters will have a \$99 fee waiver for their registration. After team placement, based on skills evaluation, the balance of the registration fees for that level will be what is due.
 - If they are placed at the Mini-Mite level, the \$99 fee waiver covers their registration costs, and they will play for free.
 - If they are placed at Mite 1,2 or 3 based on the skills evaluation, the first \$99 of registration will be waived, and the balance of the registration cost will be what you pay for the season.
- Returning skaters (not first year) will pay all of their registration fees with no waiver

Evaluations

- All skaters will participate in evaluations. This is a skills-based event (normally over 2 days) where the coaches watch the skaters on the ice and the use the information to assign the skaters into levels. This process will determine which team each player is on for the entirety of the hockey season.
- Pre-evaluation clinics are a key part of preparing, so be sure your skater attends clinics.
- Parents must accompany their players
- Team placements will be announced on the MWAHA website.
- Review the evaluation information on the MWAHA website for a more detailed breakdown of the skills the skaters will be doing.

Gear

- All skaters need to provide their own skates, mouthguards, and protective undergarments.
- Mite skaters have the option of renting the rest of their gear from the Association or getting their own.

- Gear rental is first come, first served. Rookie Camp participants are the first ones to have access to the gear. Whatever is still available after their rentals have been set up are available to the rest of the Mites.
- When you tie your skater's skates, make sure they aren't too tight as to cut off blood flow to their toes, but ensure they are tight enough to support their ankle as they stand and skate on the ice.
- Recommend you have your skates sharpened periodically. Thaler will sometimes offer this service, or you can have it done at a sporting goods store like Pure Hockey or Play it Again Sports.
 - Here is a helpful video for gearing up your skater: <https://www.youtube.com/watch?v=wyxRLSJ2Ymw>
- Most players in the Association have black helmets, but any color at the Mite level is fine. The Association's colors are white, red, and black.
- Sticks: when you buy a stick or get one from the Association, they will often not be the right length for your skater. To fix this, remove the plastic/rubber end cap (should pull out), and hold the stick up to your skater. You want to cut off the top of the stick so it is between the chin and nose on your player when they stand without skates on. Then, replace the plug/cap, and tape your stick.
 - Here is a helpful video for choosing and sizing a stick: <https://www.youtube.com/watch?v=QZA15v7sOoY>
 - Here is a video on taping a stick: <https://www.youtube.com/watch?v=pO5SVq-9EhU>
 - Here is another on taping: <https://www.youtube.com/watch?v=zshBLyAoLjs>

Jersey and Hockey Socks

- Players will be provided with a jersey in the beginning of the season and it is their's to keep
- Currently, all players choose the size, number, and name plate that will display on their jersey during the registration process.
- Recommend looking closely at the size table provided, and if in doubt, go up a size. Your child will be wearing gear under their jersey, and each skater is supposed to try being goalie at least once during the season. Goalie gear is MUCH larger than regular gear, so a little extra room in the jersey can be helpful.
- Hockey socks (the big footless coverings that go on the outside of the shin-guards) will be provided to each skater at the beginning of the season for them to keep.

MWHA Association Swag/Gear

- Every family has the option of purchasing Association hockey swag/gear.
- These opportunities are normally prior to the holidays and involve placing your order online through the specific provider, and picking up your items when they are ready
- Items include things like hoodies, t-shirts, beanies, pants, jackets, polo shirts, etc.

Games

- There are games in house and with other associations throughout the season
- In house games will be against other teams at the same level in the MWHA. These may be partial ice or full ice (using the entire rink)
- Games with other associations may be Home (Pond/Thaler) or Away (other team's rink)

- You will notice that in Mite games, especially in the Mite 1 or 2 levels, points are often not kept officially as the purpose of the Mite program is skating and skills development, as well as team building and fun while learning the sport of hockey.

Tournaments

- At the end of the season there are often Mite Jamborees or other such tournaments.
 - These are played at other rinks and medals and trophies are often awarded to the teams

Association Volunteering

- All families are required to volunteer their time to support the association or buy-out their required hours
- Requirements are 6 hours/skater up to 12 hours/family
- You sign up for hours in an online program called Dibs.
- Whatever activity and time you sign up for, you or a replacement, need to attend.
- This is especially important for concessions times- the Association has to pay a fine to Pond/Thaler at the end of the season for any concession times that we either don't fill, or have no-shows for.
- In both Pond and Thaler, you can see the majority of the ice from the concession stand (there is a window in the Thaler space, and Pond faces directly to the ice). This is a decent way to get your hours in and still watch your kid skate.
- You can choose to buy-out your family's requirement to volunteer time at the beginning of the season for \$500.
- At the beginning of the season, all families are required to submit a check for Escrow to the Association for \$500 to be cashed at the end of the season for any family that doesn't meet their hour requirements. Any family that meets their volunteer hour requirements will have their check torn up.

Managers

- Once the season starts, Tricia will reach out asking for volunteers to be team managers.
- Please volunteer if you are able. Team managers are an integral part of a successful hockey season and will fulfill your volunteering requirement.

Coaches and the Association

- The Mite coaches and the Association board members are all volunteers.
- With that in mind, it is expected that all parents and skaters are polite, even when they are upset or disagreeing with a coach. Parents and skaters have the right to the same politeness from the coaches and board members.
- If a situation arises where you need to contact someone above the coach, feel free to contact the level coordinator (Phil Kading).

MN Hockey, District 3:

There are 10 hockey districts within MN Hockey. Mound Westonka is in District 3.
Associations in District 3:

- Armstrong Cooper
- Delano
- Hopkins
- Minneapolis
- Mound Westonka
- North Metro
- Orono
- Osseo Maple Grove
- St. Louis Park
- Wayzata

District 3 Website: <https://www.d3hockey.org/>

MN Hockey Website: <https://www.minnesotahockey.org/>

USA Hockey Website: <https://www.usahockey.com/>